



# GARDEN CITY NEWS



**Volume 26**

**Issue 1**

**February 2020**

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine Community Care Services and other contributors for participants, clients and older people in the community. Please share this newsletter with others. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

## Results of Barcaldine Regional Council Christmas Lights Competition



	Alpha	Jericho	Barcaldine	Aramac	Muttaborra
<b>Private Residence - First</b>	Wendy Bowyer	Greg & Maree Pearce	David & Jean Fletcher	Tim & Maryanne Boyd	Anthony Hayden
<b>Private Residence - Second</b>	Bruce Wright & Vivienne Bowyer	Mikel & Tamara Leaney	Rachael & Clinton Bettiens	Tony & Penny Brennan	Tyrell & Sharmaine Spence
<b>Private Residence - Third</b>	Jessica Howard	Donna Wells	Ian Hansen & Mykala Balder-son	Michael Patterson & Kaitlyn Tatt	Malcolm & Sue Wyton
<b>Commercial / Community Group</b>	Alpha Craft Shop	Jordan Valley Hotel	Country Motor Inn	Aramac Post Office	Muttaborra Pub
<b>Peoples Choice</b>	Catharine Bowyer	Jericho Police Station	Les & Michelle Michaelis	Aramac Cut Price	Muttaborra Police Station

## Results of Australia Day Awards

Regional Awards	Community Awards
<b>Citizen of the Year</b> Garry Bettiens <b>Certificate of Recognition</b> Kerry Thompson	<b>Volunteers of the Year</b> Denise Vale (Jericho), Michelle Michaelis (Barcaldine), Natasha Landers (Aramac), Fiona Turnbull (Muttaborra)
<b>Community Event of the Year</b> Muttaborra Centenary Race Weekend <b>Highly Commended</b> Alpha Races	<b>Junior Sports Award</b> Charlie Wilson <b>Certificate of High Achievement</b> Ella Hansen <b>Certificate of Achievement</b> Tyson Spence
<b>Regional Head Yakka Award</b> Barcaldine Police <b>Community Head Yakka</b> Jericho Men's Shed	<b>Cultural Award</b> Alpha District Tourism & Development Association Central West Aboriginal Corporation
<b>Cultural Award</b> Milynda Rogers	 Australia Day

## **Welcome to the first edition of Garden City News for 2020.**

After a break of a couple of weeks we have resumed our activities and invite everyone to join us for activities. Whether it is tai chi, exercises or croquet there is always room for more people. Likewise, the social activities are inclusive and all are welcome to come along. It is hoped to add a couple of other activities during the year.

A monthly lunch with a focus on things in the past is a possibility. Lunch would feature some dishes from the past and discussion would be related to different aspects of life in former years. We'll let you know more if this plan develops into a reality.

The **first health talk** for the year is on Tuesday 4th February at 10:00am. Palliative Care Nurse, Irene Scott will be our guest. Please come and listen to Irene and ask her the questions you need answers for about palliative care. All Welcome.

**Hoy will be on Tuesday 11th February** with a good selection of prizes and plenty of games of hoy.

The **committee meeting** is scheduled for 18th February.

**Shrove Tuesday is 25th February** and we will have a pancake morning tea in conjunction with bingo.

With the new year comes new challenges and opportunities. A Down Memory Lane Café is being planned with meals once a month. The first café will be from 12:00pm on Friday, 28th February at 'The Willows'. Each month there will be a theme and we'll cover a range of subjects. The theme for February is 'Mending' and people are asked to bring something they associate with mending, fixing or repairing. There will be a light lunch with a \$5 fee to cover catering. Everyone is welcome to attend. Please let us know if you'll be coming by Wednesday, 26th February.

**Digital Learning for Older Adults** . We have received a grant to help continue with developing people's skills with various devices. The grant must be used by the end of June and 12 older people are needed to complete 2 courses or 10 activities from any of the topics on the Be Connected website. The learner journey can continue beyond these minimum requirements. If you are interested please let me know. Classes will commence in March and will be no longer than an hour.

The **over 80s book** needs much attention and some volunteers to see it to completion. At present not many people have responded or indicated their intention. I say thank you very much to those who have provided information and photos but there is much to do to and we need input from more people. The cut off date for receiving information is 30th April. So, please if you need some forms or would like to write your own story let us know.

I will be away for a fortnight from 6th February . During that time please direct enquiries about use of the building to Barcaldine Regional Council or ask a 60 & Better Committee member for information. All activities will continue.

Till next time, take care and enjoy the rain and look forward to the refreshed landscape. *Jean*

## **Congratulations, Birthday Greetings, Condolences**

Congratulations to all winners of the Christmas Lights Competition and those you were nominated for or received Australia Day Awards. We commend everyone who endeavours to make living in our communities an enjoyable and rewarding experience . People who give and share enrich our lives and their own.

Birthday Greetings to Jeanette Lawson who recently celebrated her 80th birthday. Birthday Wishes go to Tom Haren. Val Hales, Andrew Stewart, Clare Ogden, Helen O'Sullivan, Pam Miller, Bill Balderson, Eva Kampe, Lyn Davies, Joan Argow, Lyn Batchelor .and Jenny Brown.

We said final farewells to Betty Burns, Donald Patterson and Ethel Horman. There are stories and fond memories we can share about them as we cherish the memories.

We also note the passing of former Barcaldine residents Bertie Peters and Enid Burry (Fysh).

### **Speedy smoky one-pot beef pasta**

- 1 tablespoon olive oil
- 1 brown onion, sliced
- 1 tablespoon smoked paprika
- 1 tablespoon ground cumin
- 2 garlic cloves, crushed
- 400g beef mince
- 1 green capsicum, seeded, cut into strips
- 400g can diced tomatoes
- 375g jar mild chunky salsa
- 2 cups (500ml) chicken stock
- 300g angel hair pasta
- 1/3 cup (50g) pimento-stuffed olives
- 1/4 cup flat-leaf parsley leaves
- Mixed salad leaves, to serve

Heat the oil in large heavy-based saucepan over medium-high heat. Add the onion and cook, stirring, for 4 mins or until just softened. Add the paprika, cumin and garlic and cook for 30 secs or until just fragrant. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 mins or until browned. Add the capsicum, tomato, salsa, stock and 1/2 cup (125ml) water. Season. Bring to the boil.

Reduce heat to medium. Add the pasta and stir to

combine. Cook, stirring frequently, for 6-7 mins or until the pasta is just tender. Top the pasta with olives and parsley. Serve with salad leaves.

### **Cheat's banana and mango ice-cream**

2 (large, very ripe) bananas, peeled, cut into chunks

1 (large) mango, peeled, deseeded, chopped

Ice cream cones, to serve (optional)

Place banana and mango on a baking tray and freeze for 4-5 hours or until frozen.

Using a food processor, process banana until smooth. Add mango and process until pale yellow and smooth. Spoon into cones and serve immediately, otherwise transfer to a container, cover and freeze to serve at a later time.

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### **How to Coat Veggies in Oil**

1. Peel and cut up vegetables.
2. Place raw vegetables into a large ziplock bag.
3. Measure 1 tablespoon of vegetable oil and pour it in bag.
4. Drop in fresh or dried herbs of your choice.
5. Seal the bag.
6. Gently massage oil over vegetables.
7. Pour into a roasting dish and place in preheated oven.

### **Looking Ageism in the Mirror**

A robust older population is in many cases the hallmark of a highly developed society. Reflected in a healthy ageing population is society's dedication to push boundaries and reframe what is probable. Our consumer industries, however, paint a very different narrative.

The fashion and beauty industries have long excluded older people from runways, magazines and campaigns, perpetuating negative stereotypes about ageing and harmful standards of beauty. Although industry giants such as Gucci have taken steps towards age-inclusivity in their campaigning, older models remain vastly underrepresented in beauty advertisements. With an expanding older demographic, the proportion of citizens unable to identify with the current representations of beauty has increased. In sidelining older consumers, this sector has not only

been dismissive of the needs and desires of older people but has lost out on the "grey pound".

In a recent article published by the International Longevity Centre (ILC) UK, the exclusory behaviours of both the fashion and beauty industry was predicted to cost them close to 11 billion pounds. Further to this, research conducted by the ILC UK revealed that "by 2040, people aged 50 years and over are expected to be this sector's key consumer base".

While this presents an opportunity for increased profit for the fashion and beauty industries, it paradoxically challenges this sectors' most profitable strategy, the "anti-ageing" and "youth-preservation" fear tactics. These ageist marketing schemes not only perpetuate reductionist ideologies of ageing and beauty, they also create an "us" versus "them" generational complex.

Source: <https://ifa.ngo/spotlight-details/?spotlight>

"Every accomplishment starts with the decision to try."

"Courage is the foundation of determination. Determination and courage are the cornerstones of success."

## **NEW National Gift Card Rules** (6th of December 2019 COTA Queensland)

From 1 November 2019, gift cards sold in Australia will have a minimum 3-year expiry period—with the exception of some limited-use gift cards and vouchers. They must also clearly display the expiry date on the actual card or voucher.

It will also be illegal for traders to charge post-purchase fees or administration charges that will reduce the value of your gift card, such as activation, account-keeping and balance enquiry fees.

Traders will, however, be able to charge fees they would normally charge as part of a transaction, such as overseas transaction fees, booking fees, or fees charged to replace a lost, stolen or damaged card.

They will also be able to charge an upfront fee for the purchase of the gift cards. It will be up to you whether to accept the fee and proceed with the purchase.

Exceptions to the new rules include cards or vouchers that are:

- for a good or service available for a limited time, where the card or voucher expires at the end

of that period (e.g. entry to a concert or museum exhibition)

- supplied to a purchaser of goods or services as part of a temporary marketing promotion (e.g. a \$50 wine voucher valid for 1 month that is mailed to a consumer as a bonus with a purchased item—i.e. was not part of the purchase offer).
- given free of charge for promotional purposes (e.g. a local shopping centre has a 1-day marketing promotion where each visitor to the centre on that day is handed a \$20 gift card valid for use at any store in the centre for that day only)
- sold for a particular good or service that is below the market value of that good or service (a genuine discount—e.g. a \$50 card for salon service valued at \$100)
- supplied as part of an employee rewards program
- given as a bonus in connection with a purchase of a good or service for use in the same business (e.g. customer loyalty programs).

Existing terms and conditions apply to gift cards and vouchers bought before 1 November 2019.

## **Older adults find greater well-being in smaller social networks, study finds**

Are younger adults who cultivate numerous connections with friends, families and acquaintances through online social networks any happier than older adults who have smaller circles of face-to-face relationships? The answer may be no, according to research published by the American Psychological Association. Quality social relationships boost well-being and may be as important to people under age 45 as they are to those over age 60.

Stereotypes of aging tend to paint older adults in many cultures as sad and lonely," said Wändi Bruine de Bruin, PhD, of the University of Leeds and lead author of the study. "But the research shows that older adults' smaller networks didn't undermine social satisfaction and well-being. In fact, older adults tend to report better well-being than younger adults."

Study participants assessed the number of people from different social networks (e.g., friends, family, neighbours) and peripheral others (e.g., coworkers, school or childhood relations, people who provide a service) with whom they had "regular contact in the past six months." Contact included face-to-face, by phone or email or on the internet. Participants also rated feelings of well-being over the prior 30 days.

Researchers found older adults had smaller social networks than younger adults, but the number of close friends was unrelated to age. Younger adults

had large social networks consisting of mostly peripheral others, perhaps because online social media networking sites have facilitated the maintenance of increasingly large and impersonal social networks, according to the authors.

Only the reported number of close friends was associated with social satisfaction and well-being across the adult life span. The relationship between the number of close friends and well-being held, even after accounting for the number of family members, neighbours and peripheral others, which was not additionally associated with well-being.

The relationship of the reported number of close friends with greater social satisfaction and well-being did not vary with age, suggesting the importance of close friendships across the life span. This is consistent with observed patterns among Facebook users who reported greater well-being if they perceived more actual friends on their online social networks, according to Bruine de Bruin.

Some "Loneliness has less to do with the number of friends you have, and more to do with how you feel about your friends," she said. "It's often the younger adults who admit to having negative perceptions of their friends. Loneliness occurs in people of all ages. If you feel lonely, it may be more helpful to make a positive connection with a friend than to try and seek out new people to meet."

Source: <https://www.sciencedaily.com/releases/2019/11/19>

# HOME ASSIST SECURE

Funded by



Queensland Government



CHSP, QCSS, HCP, HAS, NDIS, HOME MODS, MOW

# Community Care Services

## From the Senior Community Care Services Officer

### Welcome to - the wet 2020

Welcome to 2020 and what a great start with the rain!

An exciting year ahead with many options for trips and travel around the region. Please discuss with you District Coordinator about your ideas and hopefully we have a Regional Calendar of events out to you in the not too distant future

### Appreciation

I touched on this last year.

We get many request for services daily. Sometimes we are unable to complete them, because we are bound by the Guidelines of individual programs we deliver.

While we look after your safety always, things like hedging and gardening are definite "NO" by all our staff. We would be putting other services in jeopardy , even if we "did it on the quiet".

We value the service we provide you and want to maintain it for the future, so requests outside the Guidelines, will never be allowed, for anyone.



### Jobs List for Home Assist

There are many 'jobs' that we can offer to you around your home including:

- ⇒ Checking on home security concerns including lighting
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ Uniden phone alert systems

#### Inside this issue:

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#### What we can offer clients:

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

## From the Senior Community Care Services Officer continued

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### Aged Care Quality Standards Compliance

All CHSP Consumers will have a meeting about the services they receive. We will talk to you about your overall health needs and develop a **Care Plan** which will outline specific services we deliver. You will also receive an **Agreement**, which is the legal and compliance information about our services to you.

This is Legislated (meaning it is the Law) and we must do this for every person who receives CHSP (Commonwealth Home Support Program) services or a Home Care Package. It will take some time, but it is the initial set up which is time consuming.

We thank you for your cooperation and look forward to working with you into the future.

### Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

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## Central & Far West Home Modifications

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**Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is anyway we can assist you, please contact us today for an assessment!**

This program provides Modifications to the homes of clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations and refer you through **My Aged Care**. We are also able to offer a Tele-health option for those clients who wish to take part. This may include the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

**After** we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

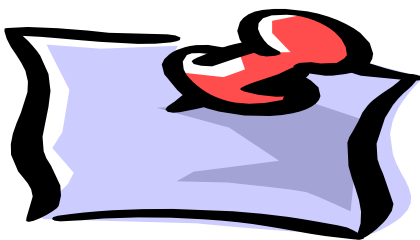
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

# Community Care Services Office (Barcaldine)

## Notice board & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you when we return.

With the air conditioning in



the office, a sign on the footpath is displayed when we are in the office. This will advise if someone is in the office!



## Phone Messages

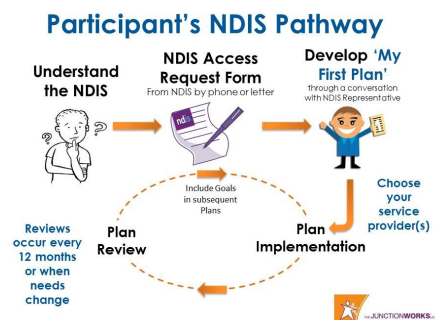
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



# National Disability Insurance Scheme NDIS

Barcaldine Regional Council is a Registered Provider of the NDIS. Once you have an NDIS Plan we are able to assist you in implementing that Plan to best suit your needs. These supports are divided into Core, Capital and Capacity Supports. We deliver the following service groups:

- Daily Tasks, including consumables
- Social & Community Participation
- Assistive Technology
- Home Modifications
- Community Nursing Care
- Assist with Personal Activities
- Assist with Travel & Transport
- Household Tasks
- Group & Centre Activities
- Plan Management & Support Coordination



NDIS Plans are focussed on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. These Plans are developed to increase your independence within your home and to improve your connection to your community.

We also offer Plan Management support—where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf.

## HOME ASSIST SECURE & CENTRAL & FAR WEST HOME MODIFICATIONS

66 Ash Street  
PO Box 191  
Barcaldine Q4725

Phone: 07 4651 2187  
Fax: 07 4651 2376  
Jordan's Mobile: 0409 621 346  
Carl's Mobile: 0408 372 526  
E-mail: carlo@barc.qld.gov.au

**We can't change your world, but  
together we can make a difference**

**No matter how long you  
have travelled in the  
wrong direction, you  
can always turn around!**

## Care Plans and Agreements

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It is important that you are clear about your expectations, as we will be clear about ours. **This will be a joint partnership where we will work with you, not for you.**

CHSP = Support.

This will mean that once a Care Plan is in place, everyone will follow it (staff, you, nurses, coordinators). If there needs to be changes, this will be in the form of a review.

Care Plans will need to be in your homes so that you and the staff that attend (no matter who they are or where they are from) have a clear direction daily for the services that are delivered.

Ultimately, it will strengthen the service expectations for you and give us an opportunity to assist you with achieving your goals.

It is a change to the way we have operated in the past, but it doesn't change our focus on Service, Quality, Communication and Reputation.

If you have any questions, please contact Donna, Maree or myself. We are here to assist you as best we can 😊

## Field Officer Update



### February Focus:

The focus for 2020 is **appreciation!** (Windows, doors, screens and lighting)

Window jammed? Door won't open or close? It's an easy fix.

**Reminder:** we DO NOT do gardening or hedging. The focus is on safety in your home.

Please ask Jordan about the jobs around your home, if we can't help, we can certainly direct you to someone who can. Your safety and security, in your home, is our main focus.




If you are not a client, we can certainly join you up! It's free to join! Some friendly advice—well, it's free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for! 📞





# February 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
						
3	4	5	6	7	8	9
Aramac	Barcy	Alpha	Barcy	Maintenance		
10	11	12	13	14	15	16
Muttaborra	Barcy	Jericho	Barcy	RDO		
17	18	19	20	21	22	23
Barcy	Barcy	Alpha	Barcy	Maintenance Day		
24	25	26	27	28	29	
Barcy	Barcy	Jericho	Barcy	RDO		

## Community Care Services Schedule of Events

- ◆ Give some thought to where you would like to go this year as part of a group activity?
- ◆ Regional Calendar of Events—OUT SOON

# February 2020

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
					1	2
<b>3</b> Men's Shed	<b>4</b> 60 + Exer- cises Health Talk	<b>5</b>	<b>6</b> 60+ Tai Chi Craft	<b>7</b> Croquet	<b>8</b>	<b>9</b>
<b>10</b> Men's Shed	<b>11</b> 60 + Exer- cises Hoy	<b>12</b> CHSP Lunch	<b>13</b> 60+ Tai Chi Craft	<b>14</b> Valentine 's Day  Croquet	<b>15</b>	<b>16</b>
<b>17</b> Men's Shed	<b>18</b> 60 + Exer- cises Meeting	<b>19</b>	<b>20</b> 60+ Tai Chi Craft	<b>21</b> Croquet	<b>22</b>	<b>23</b>
<b>24</b> Men's Shed	<b>25</b> Pancake Tuesday Bingo	<b>26</b> CHSP Lunch	<b>27</b> 60+ Tai Chi Craft	<b>28</b> Croquet Down Memory Lane Cafe	<b>29</b>	<b>1st</b> March Clean Up Australia Day

## WORD SEARCH

H	A	N	D	S	O	M	E	W	H	I	F	F	S
S	I	S	S	E	R	P	A	C	L	N	B	Y	Y
U	R	N	O	R	O	M	R	A	I	S	E	C	Y
L	E	O	U	W	I	A	R	F	R	P	H	P	S
B	D	E	N	I	M	S	F	E	E	I	E	L	D
U	T	E	D	I	O	U	S	S	P	T	I	L	E
R	D	A	P	B	M	U	E	M	A	E	I	E	N
S	K	A	E	L	M	K	U	L	V	F	L	G	N
A	E	R	W	E	A	N	S	G	S	U	A	W	U
R	U	E	S	C	K	C	U	R	D	L	I	N	G
G	N	I	T	N	E	C	S	O	L	N	U	U	U
U	C	A	X	H	I	E	M	O	C	E	B	G	I
E	U	Q	I	P	E	K	P	H	D	E	W	A	S
S	T	R	U	N	G	D	S	E	D	A	T	E	E

Aired	Peril
Argues	Petals
Become	Pique
Blush	Press
Bursar	Raise
Cakes	Resumes
Chipmunk	Sawed
Curdling	Scalped
Debug	Scenting
Denims	Sedate
Gallop	Seethed
Guise	Skins
Gunned	Slugs
Handsome	Sober
Leaks	Sound
Leper	Spiteful
March	Strung
Minors	Tedious
Module	Uncut
Moron	Veils
Muffin	Whiffs
Owned	Winch

A Roman legionnaire walks into a bar, holds up two fingers and says "Five beers please".

Q: How can you drop a raw egg onto a concrete floor without cracking it?

A: Any way you want, concrete floors are very hard to crack.

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is another galloping horse but your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the horse in front of you. What must you do to safely get out of this highly dangerous situation? Get off the merry-go-round, you drunk ass !

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Remember:

What I do best is share my enthusiasm!!

There is not a right way to do a wrong thing!!

Don't point a finger – lend a hand!!!

Working together works!!!

The six steps to becoming a better listener – form a LADDER :

L: Look at the person speaking to you

A: Ask questions

D: Don't interrupt

D: Don't change the subject

E Empathize (i.e. care)

R: Respond non verbally – i.e. nod or shake hands or whatever you feel like!

Puzzle  
Solution



## Barcaldine 60 & Better Program

### *The Willows*

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au)

**Coordinator:** Jean Williams

### Hours of Operation

Monday - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

**Exercises:** Tuesday 9:00am

**Tai Chi:** Thursday 9:00am

**Craft:** Thursday 10:00am

**Croquet:** Friday 8:00am Oak St Park

**Health Talk:** 10:00am Tuesday 4th February

**Hoy:** 10:00am Tuesday 11th February

**Meeting :** 10:00am Tuesday 18th February

**Bingo:** 10:00am Tuesday 25th February

**(Pancake Tuesday)**

**Lunch:** 12:00pm Friday 28th February



## Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland  
Government



Under the auspices of  
Barcaldine Regional Council

### Executive Committee

**President:** Karen Brown

**Vice President:** Beverly Church

**Secretary:** Pam Miller

**Treasurer:** Shirley Jackson

### DISCLAIMER

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

**MISSION STATEMENT** To enable older people at a community level to participate in decisions and activities which affect their health and well being.

**VISION STATEMENT** Sustaining a strong age friendly community where older people are respected, valued and empowered.

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

